

Name _____

Cramp Combat: Understanding Muscle Cramps and Prevention

Multiple Choice Questions

1. What is a muscle cramp?
 - a) A sudden contraction and tightening of a muscle
 - b) A gradual loosening of a muscle
 - c) A burst of energy in a muscle
 - d) A feeling of numbness in a muscle

2. What can cause muscle cramps?
 - a) Overuse
 - b) Dehydration
 - c) Poor blood circulation
 - d) All of the above

3. How can dehydration contribute to muscle cramps?
 - a) By causing an imbalance in electrolytes
 - b) By reducing blood flow to the muscles
 - c) By making muscles more prone to fatigue
 - d) By increasing the flexibility of muscles

4. What is one way to prevent muscle cramps?
 - a) Drinking plenty of water
 - b) Eating only junk food
 - c) Avoiding stretching
 - d) Overexerting yourself during physical activity

5. What should you do if you experience a muscle cramp?
 - a) Apply heat or cold
 - b) Drink plenty of water
 - c) Rest and stretch the cramped muscle
 - d) All of the above

